



Need Food Help? Southeastern

Federal Nutrition Programs

Federal Poverty Level Food Stamp WIC, School Meal Eligibility		
<p>To determine your eligibility for food assistance programs: Find your family size in the most-left column, then follow right to your desired program. If your gross <i>monthly income</i> is less than the amount indicated, you are eligible to apply.</p>		
<p>Try our Food Stamp Calculator at www.uah.org</p>		
Family Size	Chart A 130% of Poverty Effective October 1, 2011	Chart B 185% of Poverty Effective July 1, 2011
	Food Stamps & Free School Meals	WIC & Reduced-Priced School Meals
1	\$1,180	\$1,679
2	\$1,594	\$2,268
3	\$2,008	\$2,857
4	\$2,422	\$3,446
5	\$2,836	\$4,035
6	\$3,249	\$4,624
<p>Chart A: for additional family member add \$414 Chart B: for additional family member add \$589</p>		

WIC Women, Infants & Children Supplemental Food Program

The WIC program provides supplemental food such as *Milk, Infant Formula, Eggs, Juices, Cereals, Beans, Fruits and Vegetables* to pregnant women, nursing mothers, infants and children under the age of 5 who are low income and at nutritional risk.

(See Chart B to the left for the income guidelines)

Price	Moab	Castle Dale
435-637-3671	435-259-5602	435-381-2252
28 So 100 E	471 S Main #4	25 W Main

Blanding	East Carbon	Monticello
435-678-2723	435-888-0814	435-587-2021
196 E Center St	305 Center St.	117 S Main

Green River
(435) 564-8236 (or call Jeanie at the Price WIC clinic 435-637-3671)
305 W. Main St.

Division of Aging

Aging Services 435-637-5444 (Carbon, Emery, Grand)

Aging Services 435-587-3225 (San Juan County)

Navajo Nation Headquarters-Utah Comm.-435-651-3508

Meals on Wheels program, which prepares and delivers free meals to elderly who are homebound 60+.

Congregate Meals, are served free to 60+ at senior centers. Donations are suggested, but not required to participate in these programs.

Senior Centers

Price	Moab	East Carbon	Castle Dale
435-636-3202	435-259-6623	435-888-2194	435-381-2422
30 E. 200 So.	182 N. 500 W.	451 E Denver	85 N 200 E
Green River	Emery	Ferron	Huntington
435-564-8236	435-286-2219	435-384-2243	435-687-2502
355 E.175 S.	217 S 200 E	320 W. 200 N.	100 N.200 W.

There are chapter houses located in Mexican Water-928-674-3641 and Dinnehotso-928-656-3300.

Senior Centers or Local Contact/Chapter House

La Sal	Monticello	Blanding	White Mesa
435-686-9990	435-587-2401	435-678-2427	435-678-3396
(Maryanna Hutnik)	80 N. Main	177 E. 200 N.	19 S. Willow

Bluff	Olijato	Red Mesa
435-672-2390	435-727-5856	928-656-3690 (Sylvia)
190 N. 300 E.	(Bessie Holliday)	928-656-3656 chapter

Aneth	Teec Nos Pos	Navajo Mountain
435-651-3527	928-656-3294	928-672-2357
(Thelma Rockwell)	(Sadie Benally)	(Ruby Burns)
435-651-3525 (chap.)	928-656-3662 (chap.)	928-672-2915 chap.

Child & Adult Care Food Program (CACFP)

Reimburses day care providers for food served to children in their care. Speak with your provider or call the State Office of Education, Child Nutrition Program at 1-801-538-7680 (SLC)

Apply for **Food Stamps, Financial Aid Programs, Child Care, Jobs, Job Training** and medical programs such as **Medicaid, CHIP, PCN, & UPP** at the Department of Workforce Service. (DWS) Monday-Friday, 8:00 am to 5:00 pm. Online at (DWS) www.utahhelps.utah.gov (food stamps, medical, financial) Unemployment Benefits apply online www.jobs.utah.gov (DWS)

Price (DWS) 435-636-2300 475 W. Price River #300	Emery Co. (DWS) 435-381-6100 550 W. HWY 29	Moab (DWS) 435-259-5602 457 Kane Creek
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Blanding (DWS) 435-678-1400 544 N. 100 E.	Constituent Services solves PROBLEMS for DWS customers. Call 1-800-331-4341
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Expedited Food Stamps-Food Stamps Fast – If you have less than \$150 income for the month you apply, your cash on hand is less than \$100, OR if your shelter costs exceed your monthly income, you should ask about expedited food stamps which means you may be eligible to receive Food Stamps within 7 days.

School Lunch & Breakfast Programs

The School Lunch Program is served in almost all Utah schools. Breakfast is served in some schools. Students from low-income families may receive free or reduced-price school meals (see income Charts A & B). Apply at your school office at any time.

Summer Food Program

Offers free nutritious meals during the summer to all children under age 18. There are no income criteria for participation. Call UAH at 1-800-453-3663 for details.

Emergency Food & Community Resources

Emergency Food

Carbon Co. Food Bank (Price)
75 E. 400 S. Price (435) 637-9232
Tue, Wed, Thur 12-4pm

Emery Co. Food Bank (Castle Dale)
40 S. Center St. (435) 381-5410
Tue, Wed, Thur, 12-4pm

Grand Co. Food Bank (Moab)
56 N 200 E (435) 259-6456
Mon-Thur, 9-1pm

Green River Community Center (Green River)
123 S Long St. (435) 564-8199
Mon-Fri 8am - 2pm (summertime)
Prepared meals and home delivery to seniors.

Green River Food Pantry (Green River)
80 Farrer St. Green River (435) 564-3431
@ Emery Co. Sheriff Office call for details

Transitions (Blanding)
29 E Center St. Blanding (435) 678-3741
Mon - Fri 11 - 4pm
Call about mobile pantry for **Monticello & Mexican Hat**

Transitions (Monument Valley)
House #12 on 4th Street (435) 727-3305
Mon - Thur 11 - 3pm

Transitions Pantry/Thrift Store (Montezuma Creek)
400 N. 50 E. Montezuma Creek (435) 651-3340
Mon, Tue, Thur. 10-2pm

St. Christopher Episcopal Mission (Bluff)
(1.5 miles East of Bluff on HWY 162) (435) 672-2296
Wed. 10-2pm

Resources

Housing Authority of Carbon County 435-637-5170
Emery County Housing Authority 435-381-2902
Grand & San Juan Housing Authority 435-259-5891

Utah Food Bank-DROPS, Kids Cafe

DROPS- monthly food boxes for low income Utahns
DROPS (San Juan County only) call toll free 211
or 1-888-826-9790 Ask for a DROPS calendar/schedule.

Kids Café in Green River: For more information call the
Green River Community Center at 435-564-8199.

Utahns Against Hunger

Utahns Against Hunger is a non-profit which works on public policy advocacy, outreach and education regarding federal and state food programs.

Toll Free 1-800-453-3663 (SLC) -www.uah.org

Community Resources

Southeastern Association of Local Government
435-637-5444, 375 So. Carbon Ave. Price Online at
www.seualg.utah.gov Offers aging service, HEAT,
weatherization, housing rehabilitation, emergency assistance for rent, utility deposits, and other emergency needs. (See the food bank below for specific services)

At the **Carbon County Food Bank** they operate the HEAT program, provide emergency assistance monies, and heat crisis funds. Call 435-637-9232
75 E. 400 S. Price, Mon.-Thur. 8:00-4:00

The Weatherization Assistance & HEAT Programs:

Provides assistance for eligible households with the costs of heating, electricity, & land line phone service.

<u>County</u>	<u>HEAT:</u>	<u>Weatherization:</u>
Carbon	435-613-0100	435-637-5444
Emery	435-381-5410	435-637-5444
Grand	435-259-6362	435-637-5444
San Juan	435-683-2355	435-683-2262

Utah Legal Services

Provides legal assistance on divorce, housing, utilities, welfare employment, consumer and collections, and problems of senior citizens. Call 1-800-662-4245

Information & Referral

Information and Referral provides information about social services, medical services and other low-income resources. Call toll free 211 or 1-888-826-9790
Visit them online at www.211ut.org

Utah State University Extension Program Food Sense /4H/Agriculture Agent

Food Sense provides nutrition classes. Classes are free and you have to be at the WIC income guideline or below. (See Chart B opposite page)

USU County Extension Offices

Carbon	435-636-3233
Emery	435-381-2381
Grand	435-259-7558
San Juan	435-587-3239

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